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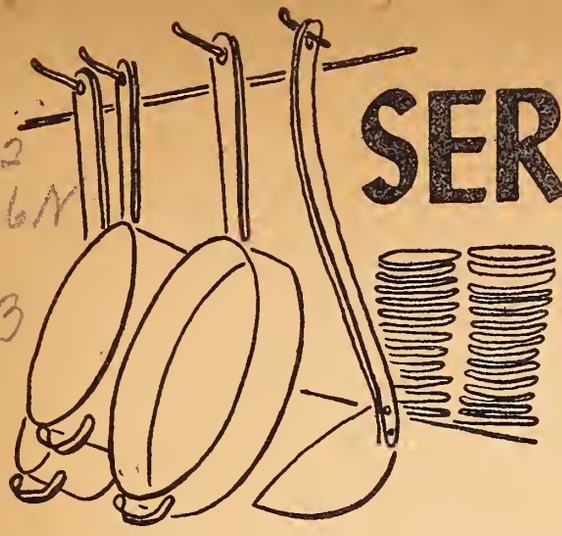

SERVING MANY

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Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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WAR FOOD ADMINISTRATION
U.S. DEPARTMENT OF AGRICULTURE
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Desserts to Meet the Rations

Industrial feeding establishments now have the most limited supplies of sugars and fats that they have had at any period during the war. Planning desserts that will appeal to workers and come within the rationed allowances of sugar and fats is indeed difficult. The outlook for increased supplies of these products is not encouraging, and industrial feeding managers should be prepared to cope with short rations for many months to come.

Why Are Fats and Sugars in Short Supply?

Supplies of fats and sugar for civilians are at the lowest level in many years and no relief is expected until the late spring or summer of 1946. Civilian consumption of fats and oils in 1945 is expected to be about 40 pounds per capita, as compared with an estimated 45 pounds consumed during 1944. The reasons for the short supplies of fats and oils may be summarized as follows:

Carry-over stocks of fats and oils, especially lard, were very low.

Lard production has decreased.

Imports of fats and oils have been reduced because of wartime conditions.

Exports to liberated countries are expected to be larger this year than during 1944.

Military demands have increased.

The 1945 outlook for sugar is no more encouraging than the forecast for fats. Low stocks, smaller shipments from Cuba, and increased war demands have resulted in a decrease in the 1945 civilian supply of more than 1 million tons under that of last year. This means that the industrial cafeteria manager will receive about 40 percent less sugar than he was allowed in 1944.

PLENTIFUL FOODS

Fresh fruits and vegetables expected to be plentiful in most markets in the Northeast Region during the month of September are: cabbage, beets, carrots, snap beans, white potatoes, tomatoes and peaches (during the first part of the month).

Other foods that will be available in abundant supply are: dried prunes, dry-mix soups, soya flour, grits, flakes, oatmeal and other breakfast cereals.

(Note: It is suggested that you check local source of information for latest changes in the food supply situation.)

Should Desserts be Included on the Special Lunch?

In view of the short rations of fats and sugar, many industrial feeding managers may wonder if they should continue to serve desserts on the special lunch. This raises the question, "How important are desserts in the worker's lunch?"

The answer to that question is that dessert makes an important contribution to the energy value of the worker's lunch and may also supply valuable nutrients. An adequate lunch for an industrial worker should provide one-third or more of his daily energy requirements or at least 1,000 calories. The following meal pattern shows that the dessert may contribute 1/5 or more of the total energy value of a meal.

Food	Average Calorie Value
Meat, fish, poultry, or meat alternates	200
Potato or cereal dish.	150
Hot vegetable or salad	80
Bread and butter or fortified margarine	200
One-half pint of milk	170
Dessert	200 or more
Total calories	1,000

A mid-shift meal that does not include a dessert is likely to fall short of being adequate in caloric value.

Use Plentiful Peaches for Desserts

One way of stretching rationed fats and sugar is to use fresh fruits in season for desserts. This month western peaches will be available and industrial feeding managers who have access to this supply should serve them frequently.

Fresh peaches may be served in a variety of ways. For example, whole, sliced, or in a fruit cup combined with blackberries, pineapple, oranges, or grapefruit. They may be stewed and sweetened with cane or corn sirup, using all sirup, or part sirup and part sugar.

Peaches may be used in pastry desserts to save processed food ration points. Fresh peach pie, peach cobbler, peach turn-overs, and peach shortcake are popular desserts. Some ways to save fat in these desserts are: Use a latticed crust to top the peach pie; and cut out shapes of pastry, bake them separately, and use them to top cooked peaches for wartime cobbler.

Budget Rationed Foods Used in Desserts

In order to continue serving desserts on reduced fat and sugar rations, the industrial feeding manager must budget his rations carefully. The first step is to estimate the amount of rationed foods that can be used for desserts. The available amount of sugar may be allocated in the following manner:

	Pounds
Total sugar ration per week.....	180
Less amount used for sweetening beverages and other foods.....	50
Amount available for desserts.....	130

Budget Rationed Dessert Foods (Cont.)

A similar estimate may be made for fats. When the quantities of sugar and fats that are available for use in desserts have been estimated, these amounts should then be used as a guide in planning desserts.

Check Your Dessert Formulas

Dessert recipes should be checked for their fat and sugar content and those which are economical in the use of these rationed foods should be selected.

The following table shows the fat and sugar content of some common dessert recipes. The industrial cafeteria manager may make a similar table of the fat and sugar content of his own recipes. This will help him to estimate the total amount of fats and sugar required for the desserts on the week's menu, and to determine whether they can be prepared with the available fats and sugar.

Fat and Sugar Content of Common Desserts

Dessert	Amounts for 100 Portions			
	Calories	Fat		Sugar
	Per Portion	Pounds	Points	Pounds
Plain cake with frosting.	250	1.5	18	7.8
Plain cake without frosting . . .	200	1.5	18	3.8
Devil's food cake with frosting .	250	1.5	18	4.2
Gingerbread.	200	1.6	19	1.4
Fruit pie, double crust	400	3.2	38	3.7
Cream pie, single crust	300	1.6	19	3.0
Cornstarch pudding	200	-	-	3.0
Bread pudding	200	-	-	3.0
Fruit gelatin (sweetened)	100	-	-	-
Fresh fruit, stewed	100	-	-	3.0
Fresh fruit, raw	50-100	-	-	0 to 2.0

Iced cake requires much more sugar than uniced cake. The amount of sugar used in the icing would be enough to use in a pudding or would be sufficient to sweeten fresh fruit. Likewise, the fat used in a double-crusted fruit pie would be enough to make crusts for one cream filled and one opened-faced fruit pie.

Stretch Your Sugar Ration

The quantity of sugar in many recipes may be reduced by the use of sugar substitutes. Corn and cane sirup and honey may be used in baked products to replace part of the sugar in the recipe. Directions for using sugar substitutes and other ways of saving sugar may be found in the publication "Saving Sugar in Industrial Feeding." 1/

Some cakes and puddings may be made from prepared cake mixes and pudding powders. However, the allotment of sugar and fats used in the manufacture of these products has also been restricted, so the supply of them is limited.

Spread Your Fat Supply

Unfortunately, there are no substitutes for fats. Usually it is not satisfactory to decreased fat in a recipe because a product of inferior quality may result. Therefore, either fewer products containing fats should be prepared, or recipes that use a relatively small amount of fats should be selected.

1/ This publication may be obtained without charge from Industrial Feeding Section, 150 Broadway, New York 7, N.Y.

Fat Supply (Cont.)

Close cooperation of chefs and pot washers can save many pounds of fat from going into garbage cans and down sink drains. Remember, however, that meat drippings and excess fats are worth more than the salvage value if they are used in place of new fats. Suggestions for the care and use of meat fats were given in the March 1945 issue of "Serving Many."

Some suggestions are given for saving fats and sugar in the preparation of baked products. These may be used to remind bake shop employees of the importance of conserving these rationed materials.

Post this in your bake shop:

Conserve Fat and Sugar in Baked Products

1. Use standardized recipes and follow them carefully.
2. Weigh all materials accurately.
3. Remove all shortening from the original container.
4. Scrape out mixing bowls thoroughly.
5. Roll pie crust to a uniform thickness.
6. Re-use pie dough trimmings as soon as possible.
7. Use one-crust pies often. Make latticed topped or open-faced fruit pies instead of two-crust pies.
8. Use only enough pan grease to prevent sticking.
9. Make sheet cakes instead of layer cakes.
10. Ice only the tops of cakes.

Special Lunch Menus for August 1945

1.

Cheese fondue
Fresh green beans
Carrot and peanut salad
Whole-wheat rolls with butter or fortified margarine
Plain cake with marmalade frosting 2/
Milk

2.

Veal chow mein
Boiled rice
Garden lettuce salad
Whole-wheat bread with butter or fortified margarine
Fresh peach pie
Milk

3.

Salad plate:
  Cottage cheese
  Fresh fruit salad
  Celery curls
Peanut butter muffins with butter or fortified margarine
Chocolate-nut pudding
Milk

4.

Veal loaf with gravy
Mashed potatoes
Fresh beets and greens
Enriched bread with butter or fortified margarine
Fresh sliced peaches
Beverage

2/ Recipe is in "Saving Sugar in Industrial Feeding," page 6.

5.

Scalloped fish
Parslayed new potatoes
Sliced tomato salad
Whole-wheat bread with butter or fortified margarine
Fruit gelatine
Beverage

6.

Creole lima beans
Buttered carrot strips
Mixed green salad
Whole-wheat bread with butter or fortified margarine
Baked custard
Milk

7.

Roast shoulder of lamb with dressing
Browned new potatoes
Cabbage and carrot salad
Enriched bread with butter or fortified margarine
Fresh peaches
Milk

8.

Vegetable plate:
Hard-cooked egg salad
Corn-on-the-cob
Buttered green beans
Sweet pickle
Whole-wheat bread with butter or fortified margarine
Fresh blackberry pie
Milk

9.

Frankfurters
Potato salad
Summer squash
Enriched rolls with butter or fortified margarine
Fresh peach cobbler
Milk

10.

Fish loaf with tomato sauce
New potatoes in jackets
Green peas
Enriched bread with butter or fortified margarine
Fresh fruit cup
Milk

11.

Braised liver
Scalloped potatoes
Fresh greens
Whole-wheat bread with butter or fortified margarine
Lemon chiffon pudding
Beverage

12.

Scrambled eggs
Baked potato
Sliced cucumber and tomato salad
Enriched rolls with butter or fortified margarine
Crumb pudding 3/
Beverage

13.

Salad plate:
Sliced luncheon loaf
Kidney bean salad
Sliced tomatoes
Graham muffins with butter or fortified margarine
Gingerbread
Milk

14.

Chicken fricassee with noodles
Fresh buttered carrots
Endive with French dressing
Whole-wheat bread with butter or fortified margarine
Raspberry sherbet
Beverage

3/ Recipe is in "Saving Sugar in Industrial Feeding," page 4.

Industrial Feeding in the Northeast Region

Based on our experience from visiting plant cafeterias, we find that food service managers are usually interested in "what's going on". We believe it would be helpful to cafeteria managers, therefore, to learn about feeding activities in other plants in the Northeast Region as well as in other parts of the country. If you have any ideas or methods of meeting wartime food problems, problems on personnel training, employee relations, food service, etc., we would appreciate your passing them on to this office. Other cafeteria managers will probably find them useful too. We are interested, too, in learning how you are stimulating interest among plant employees to take full advantage of the food service you are making available to them.

Lunch Analysis

A lunch-box service concessionaire recently requested one of our industrial feeding specialists to make a nutritional analysis of a typical box lunch which he sells to employees of industrial plants. This analysis showed:

The nutritional value of the lunch itself
The percentage of daily food requirements met by the lunch itself
The percentage of daily food requirements met by the lunch with one-half pint of milk as a beverage
The percentage of daily food requirements met by the lunch with coffee (with sugar and milk) as a beverage

The concessionaire plans to have this analysis distributed with the box lunch.

Meeting the Meat Shortage

We have heard many groans from cafeteria managers that plant employees seem to hold them responsible for the absence of favorite meat dishes. We realize their predicament and offer this advice to help alleviate their problem: many industrial workers just don't know the facts about the food situation and so believe any rumors that come their way. Complaints have been reduced in many plants simply by explaining a few facts to the workers. Once they understand the full picture, their acceptance of cafeteria menus is more assured.

Your plant publication is an excellent vehicle for educating the plant employees to accept the wartime food situation. Short talks at employee meetings, posters, etc. help too.

U.S. DEPARTMENT OF AGRICULTURE
JAN 9 1943